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FCS Newsletter Fall 2007

School of Family & Consumer Sciences

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News & Views

School of Family and Consumer Sciences, Eastern Illinois University, Charleston, IL

FALL 2007

Reflections from the Chair

by Jim Painter

The past year has once again been exciting and productive. Ten students in our family studies program spent the fall semester in South Africa and more than 20 merchandising and textile students took a course in Florence, Italy, over spring break. We expanded our Italian classes here at EIU. For the third consecutive summer, we hosted professors from Apicius the Culinary Institute in Florence and offered the Mediterranean cooking and Italian wine classes. This year we added an introduction to food photography class.

Our hospitality faculty began a fine dining course that provided students with the experience of management, preparation and execution of fine dining meals to the EIU community. Students were able to experience first hand running their own restaurant. We also had one of our instructors work with students in an independent study to provide catered events for faculty and staff, again giving our students real life hospitality experience.

The Peace Meal program received an award from the National Association of Area Agencies on Aging for innovation in home-delivered meals and its program wherein it partners with local restaurants in small towns to provide meals to senior citizens. Child Care Resource and Referral (CCR&R) was Quality Assured by the National Association of Child Care Resource and Referral Agencies (NACCRRRA). They also fulfilled the Department of Human Services (DHS) contract compliance with no deficiencies. Jill Bowers began as the Director of CCRR July 1st.

Our Masters program in FCS completed the Illinois State Board of Higher Education (ISBHE) review for the university. The review was approved at the university level and by the Graduate School, thanks to the efforts of Dr. Meadows and Dr. Murphy.

There have been many exciting changes in the School of Family and Consumer Sciences. We encourage all of our alumni to stop by and see the changes in the School if you are in the area.

Peace Meal Welcomes the New Year with a New Director

Founding director of Peace Meal Senior Nutrition Program Mike Strader retired March 31, 2006, after 32 successful years of service provision to seniors in East Central Illinois. EIU graduate Barbra Wylie arrived July 1 to take the helm. Wylie has previously served Peace Meal as a Gerontology Graduate Student Intern, Home-Delivered Meal Coordinator and Assistant Director. She returns to Peace Meal after seven years with the Social Security Administration.

Peace Meal continues its practice of innovative service delivery and fund development during 2006-07. After piloting a restaurant program in Watseka in 2005, this new way of encouraging quality nutrition among seniors has expanded to Bethany

and Herrick. Contracts have been established with local restaurants to provide meals to seniors. Menus are approved by registered dietician Leona Lucas and must meet required nutritional standards for those aged 60 and older. Seniors enjoy breakfast, lunch or dinner each day in a local establishment. This system of service delivery improves nutrition of seniors while supporting a local business and the community. Home-delivered meals continue to be provided to those unable to join others at the restaurants.

Senior citizens in Oakland, Rantoul and beyond are benefiting from a \$60,000 grant by the Retirement Research Foundation, awarded to Peace Meal for the purchase of food delivery vehicles. Two Hot Shot Delivery Vans, equipped with refrigeration and heated compartments with racks and drains, help deliver quality meals to approximately 400 individuals a day. The Oakland kitchen provides an average of 100 meals a day to residents of Oakland and Edgar County, while the Rantoul kitchen provides an average of 300 meals a day to Champaign, Ford and McLean county senior citizens.

Peace Meal continues to face challenges in funding and service delivery but the dedicated staff is focused on the mission of the organization – to provide quality meals for healthier lives. We will help seniors improve their nutrition, sustain their independence and enhance the quality of their life by providing meals, fellowship and connections to other needed services. During 2006-07, Peace Meal will provide over 370,000 meals to over 6,000 senior citizens.

--- Deborah Appleby

An Update on Dr. Ruth Dow

As people progress through their career and into retirement, many chose to reduce their commitments, take winter vacations, have restful days, and relish in quiet reprise. But that's not how Dr. Ruth Dow spends her time.

Dr. Dow is in her 18th year of serving as the director of nutrition for an interdenominational Christian literacy organization, Alflit International, Inc. So, just how did she get involved with Alflit International, Inc? After a mission trip to Mexico in 1983, Dr. Dow and her husband Chuck were inspired to continue participating in mission trips. They have been active volunteers in Latin America and African countries teaching public health nutrition and providing community service ever since. Between 1987 and 1998, Dr. Dow and Chuck worked abroad for 5 weeks each summer participating in mission trips. Since retirement, they have significantly expanded their volunteer time.

Through the years, Dr. Dow has created numerous nutrition presentations for all age groups, handouts, recipes, DVDs, and videos. She always focuses her educational messages on how to utilize nutritious foods that are readily available in the community and fit within the family budget.

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In addition, she often teaches participants how to create a solar cooker for \$1, which can be used repeatedly for food preparation. Having learned Spanish as an adult, she conducts many classes in Spanish and uses Spanish educational materials that she created.

So, while many have been busy keeping warm during the winter, the Dows have been busy with a mission trip to Guatemala (January 20-February 10) and in Portugal, Angola and Mozambique in the spring (April 23-May 10). May Dr. Dow's enthusiasm and dedication for the dietetics profession be an inspiration to us all!

--- Karla Kennedy-Hagan, PhD, RD, LDN

SFCS Advisory Council

The Advisory Council for the School of Family and Consumer Sciences met on October 20, 2006. Advisory Board members were given reports on SFCS enrollment as reaching 536 undergraduate students and 92 graduate students. Mrs. Kathy Rhodes explained the new program offering independent study credit for Hospitality students to cater various events.

Mrs. Katie Shaw presented information regarding her study abroad trip to Italy focusing on merchandising and textiles. Professor Jean Dilworth shared examples of the products made by students in the textiles area. Mrs. Jackie Swango shared information about CCR&R located online at <http://www.childcarehelp.com/> or <http://www.eiu.edu/~ccrr>.

Dr. Jim Painter discussed Peace Meal. For more information, please visit: <http://www.eiu.edu/~pmsneiu/>. In addition, fundraising efforts for a commercial kitchen were discussed. Advisory Board members also gave feedback related to the current SFCS Vision Statement and Mission Statement.

Current members of the SFCS Advisory Council include Julie Allen, MS, RD, LD, CPT, Outpatient Registered Dietician, St. James Hospitals and Health Centers; David Baker, MS, Assistant Professor of Hospitality, Central Missouri State University; Leah Baynard, Gerontology Graduate Student Representative; Keith Bliss, Owner, Jitters and Bliss Catering and Coffee Shop; Richard Fanelli, General Manager, Comfort Suites; Jennifer Faro, Child Development Center Program Director, South Suburban College; Traci Frieling, Health Educator, Ingalls Memorial Hospital; William L. Hahn, Owner, Building Maintenance Services; Angie Hunt, Housing Director, HOPE of East Central Illinois; Teresa Lang, Program Coordinator, Early Childhood Education, Lakeland College; Marta Lockwood, Executive Director, Illinois Family, Career and Community Leaders of America; Leona Lucas, Food Service Administrator, Peace Meal; Melissa Maulding, MS, RD, LD, Purdue Cooperative Extension; Paul Mejdrich, Manager, Charleston Country Club; Julia Miller, Supervisor, Department of Children and Family Services; Carol Myerscough, MS FCS; Susan Nied, Director of Food Safety; Katie Noland, General Manager, Country Inn & Suites; Julia North, General Manager, Old Navy; Akiya Perry, Graduate Student Representative; Johanna Randall, Assistant Manager, Coach; Ruth Ann Robinson, Office Administrator, Lowis and Gellen; Sandra K. Rupert-Long, Real Estate Representative, Ameren Cooperation; Tona Smith, Director of Residential Services; Jackie Swango, Assistant Director, Child Care

Resource & Referral; Carrie Titus, Unit Educator, Youth Development, University of Illinois Extension. Advisory Board members are commended for the professional influence on the School of Family and Consumer Sciences programs.

--Beth Puricelli

SFCS Welcomes New Faculty

The School of Family and Consumer Sciences welcomed four new faculty members during AY 2006-2007. Dr. Gary Laumann received a BA degree in Psychology and MA degree in Teaching History from the University of St. Thomas in St. Paul, MN, and a PhD in Human Development and Family Studies from the University of Illinois. Before coming to EIU, Dr. Laumann worked at the Center for Prevention Research and Development at the Institute of Government & Public Affairs and taught at the University of Illinois. He had previously served as a high school teacher, youth retreat director, Director of Religious Education and Family Life Ministry at two different parishes, and was a founder of the Self-Help Center at Family Services of Champaign County and a Marriage & Family Therapist. His wife, Bernadette, is working to complete her Ph.D. while teaching and acting as Assistant-to-the-Chair in the Special Education Department at the University of Illinois-UC. He has two daughters, a son, and a granddaughter. In his spare time, Dr. Laumann enjoys reading and gardening.

Beth (Sanner) Puricelli received her BS in Career and Technical Education with an emphasis in Family and Consumer Sciences (FCS) and her MS in FCS from EIU. She has been a Family, Career and Community Leaders of America State Officer and FCCLA STOP the Violence National Facilitator, and currently serves on the Board of Directors for the student organization. Puricelli has enjoyed her first year of teaching at Eastern, and most enjoys working directly with university students.

Jill (Rennels) Bowers has both a BS in FCS-Family Services and MS in FCS from EIU. She served as Interim SAFCS Faculty Advisor Fall 2006, was actively involved in the Illinois Association of Family and Consumer Sciences, Illinois Council on Family Relations, and the Charleston Community Day Care Center Board. She is also a CHARACTER COUNTS! Trainer. Her research interests are relationship violence, character education, adolescence, and poverty. Bowers, husband Darin, and 5-year-old daughter Zoe live in Charleston.

Kathy Rhodes received an associate's degree from Lincoln Land Community College in Springfield, Illinois, and BS and MS degrees in Dietetics from EIU. Currently teaching in the hospitality program area, she teaches Quantity Foods, Commercial Quantity Foods Production, Catering and Nutrition. During the summer, she served as coordinator for visiting faculty from Italy. Rhodes and husband of 28 years have two daughters, two sons, and many grandchildren. Her special interests include spending time with her family and volunteering for projects involving families less fortunate than herself. She enjoys working with children.

Faculty Awards and Achievements for 2006-2007

School Year

Dr. Karla Kennedy-Hagan

- Recipient of a University Achievement and Contribution Award for Service in 2006.

Dr. Mikki Meadows

- Received Eastern Illinois University School of Continuing Education Dean's Award for Service;
- Published - Attracting and retaining diverse faculty in predominately white geographical areas. The Department Chair, 17(1) 63-64;
- Presented - "Using Children's Play to Encourage the Development of Cultural Competence in Predominately White Environments" at American Association of Family & Consumer Sciences Annual Meeting, Reno, NV June, 2007 and "Multicultural Play Opportunities for Predominately White Preschool Children" at National Association of Multicultural Education International Conference, Phoenix, AR November, 2006.

Dr. Kathleen O'Rourke

- "20 Under 40" Recipient: Selected by the Charleston Times-Courier and the Mattoon Journal Gazette in 2007 as one of 20 individuals under the age of 40 for outstanding achievements and contributions to the community;
- Selected as a faculty representative on the EIU Presidential Search Committee;
- Recipient of Charleston Business and Professional Women's 2006 "Woman of Achievement Award;"
- Recognized as the top fundraiser for the American Cancer Society's EIU Relay for Life, 2006 and 2007;
- Served as the 2006-2007 Chair of the Council on Graduate Studies;
- Recipient of a University Achievement and Contribution Award for Service, 2006;
- Selected for the 2006 Edition of Who's Who Among America's Teachers.

Dr. Lisa Taylor

- Recipient of a Summer Research/Creative Activity Grant from the Council on Faculty Research, Summer, 2007;
- Appointed to serve on the HOPE of East Central Illinois Board of Directors, October, 2006.

Hart New On-site Director for Child Development Laboratories

Karen Hart accepted the position of On-site Director for the School of Family and Consumer Sciences Infant and Child Development Laboratories in May of 2006. She thoroughly enjoys working with the young children (three months through five years of age), the Eastern students who enroll in the Infant and Child Development Practicums, families, caregivers, faculty and staff. She has been an instructor at EIU since 2000 and has worked hand-in-hand with Family and Consumer Sciences faculty members in the laboratories since 2002.

With a Master of Science degree in Family and Consumer Sciences and a teacher certificate from Eastern, her expertise is evident in the child development field, early childhood programs, and family studies, along with her undergraduate interests in art that help keep the students' and children's creativity flowing. The On-site Director position is challenging yet rewarding because being with young children, she says, "keeps you young at heart!"

--Beth Puricelli

How to Change the Life of a Student Forever

Life can be exciting and challenging. It doesn't matter what phase we're at in our lives either. Young, old, single, married, starting a family, retirement. All these phases have unique financial needs. Sometimes we think our personal needs leave us with little choice to make a charitable gift to EIU, yet our motivation to change the life of a student remains high. What is a person to do?

We can help you fulfill your personal financial needs and your desire to make a gift to help a student. Think about the option of making a planned deferred gift. After all, as the old saying goes, "you can't take it with you!"

Many times deferred giving can help your current financial situation and minimize your tax liability before your passing. It can even allow you to create a better financial situation for your heirs. The best part is you can make a lasting impression on EIU and change the lives of students in the future. Estate planning tools such as wills, various types of trusts, real estate, charitable gift annuities, insurance and retirement plans are just a few ways that you can make a deferred gift to Eastern. In fact, retirement plans are the highest taxed asset to transfer to heirs at the time of your passing.

Deferred gifts can be quite simple to create. It can be as easy as naming the Eastern Illinois University Foundation (on behalf of the Lumpkin College of Business and Applied Sciences) as a beneficiary on an insurance policy, or as complex as involving estate planning professionals like attorneys, trust officers, and financial planners. Every situation is different. In fact, the following wordage is suggested for your advisor if you would like to make a gift to Eastern Illinois University in your will or trust:

"I give (insert here the sum, description of property, or percentage of residual estate) to the Eastern Illinois University Foundation (FEIN 37-6031320), an Illinois not for profit corporation, 860 W. Lincoln Ave., Charleston, IL 61920, to provide funding for the (insert program, department, or scholarship to benefit OR the program(s) in need as determined by the administration of Eastern Illinois University and the Board of Directors of the Eastern Illinois University Foundation.) at Eastern Illinois University."

You should always seek advice from a legal or financial professional of your choosing in all matters pertaining to a bequest or living trust.

So if you want to make a lasting impact on the life of a student but are concerned about your retirement income, please give me a call. Let me help you in changing those lives! You may contact me, Jacqueline S. Joines, Director of Philanthropy at the Lumpkin College of Business and

Applied Sciences in writing at 600 Lincoln Ave., Charleston, IL 61920, by phone at 217-581-7969, or by email at jsjoine@eiu.edu. And remember; always consult your financial advisors when making a planned gift.

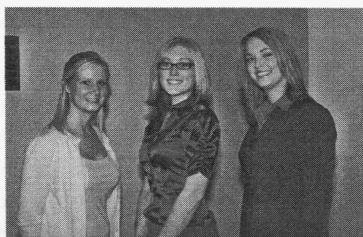
- Jackie Joines



School of Family and Consumer Sciences Scholarship and Awards Recipients for 2006

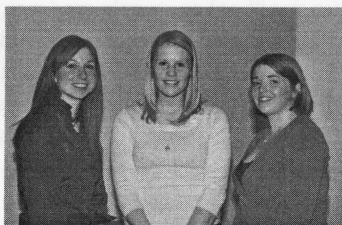


School of Family and Consumer Sciences Graduate
Scholarship was presented to: *Deborah Appleby*.

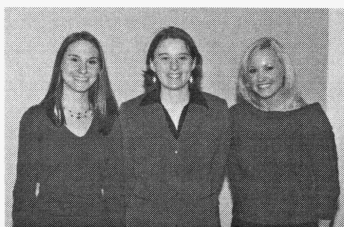


From left: *Laura Lienhop*, Ruth Gaertner Scholarship;
Katherine Niebrugge and *Amber Bullock*, Donna Lynn
Connelly Memorial Scholarship Recipients.

Swope Fund for Excellence Outstanding Senior Awards



From left: *Cora Polarek*, Merchandising; *Stephanie
Partman*, Teacher Certification; and *Ciarra Kent*, Dietetics.
Not pictured: *Lindsay Markle*, Family Services and *Aubrey
Geddis*, Hospitality.



From left: *Lindsay Schwarz*, McNabb-Dow Graduate
Scholarship; *Martha Ann White*, Elderhostel Scholarship; and
Emily Meirink, McNabb-Dow Graduate Scholarship.



From left: *Holly Gillespie*, Carolyn Kluesner Modglin
Memorial Graduate Scholarship; *Tamara Marshall*, *Megan
McCallister*, and *Marissa Smith*, (Not pictured, *Christina
Mitzel*), Ruth Miller Esbeck Scholarship
recipients.

Eileen F. Hubbard Scholarship



Sherrie Smith and *Misty Baker*
with *Dr. Mary Lou Hubbard*.

Ozier Child and Family Award



Trina Rockrock with *Dr. Jayne Ozier*.



From left: *Ashley Brewer*, Joyce S. Crouse FCS
Scholarship; *Sherrie Smith*, John and Mary Price
Scholarship; *Trina Rothrock*, Ozier Child and Family
Award; and *Sarah Scott*, Joyce S. Crouse FCS
Scholarship.



From left: *Aubrey Geddis*, Omar Karl Schmeusser Memorial Scholarship and Swope Fund for Excellence Outstanding Senior Award for Hospitality; *Ciarra Kent and Jacinta Morgan*, (Not pictured: *Sarah Mauer*), Elsie and Erson Giffin Scholarship recipients; *Misty Baker and Sherrie Smith*, Eileen F. Hubbard Scholarship.

Alumni Update

- **Michelle Ballard, RD, LDN, Dietetics M.S. 2005**, is employed at St. Margaret's Hospital in Dyer, Indiana where she works as the dietitian for the Bariatric Clinic, Cardiac Rehab Unit, and the Psychiatric Unit. She is planning her wedding for August, 2008.
- **Jackie (Ruzinski) Browning, RD, Dietetics M.S. 2004**, is employed at the Surgical Weight Loss Center in Virginia Beach, Virginia.
- **Jennifer (Cramer) Casino, RD, LDN, Dietetics M.S. 2004**, recently had a son and is employed part time as a clinical dietitian at Provena St. Mary's in Bourbonnais, Illinois.
- **Kristen (Laley) DiFilippo, RD, LDN, Dietetics M.S. 2006**, is employed at the Mettler Center, Champaign, Illinois.
- **Abigail Field, RD, LDN, Dietetics M.S. 2004**, is the Secretary of Eastern Illinois Dietetic Association and is employed as a WIC Nutritionist in Champaign, Illinois.
- **Amanda Goetze, RD, LDN, Dietetics M.S. 2005**, is employed as a WIC Nutritionist for the Visiting Nurse Association of Fox Valley in Aurora, IL where she counsels many clients in Spanish.
- **Lisa Graves, RD, Dietetics M.S. 2004**, is a Team Nutrition Consultant for the Indiana Department of Education in Indianapolis, Indiana, where she administers the USDA's Fresh Fruit and Vegetable Program. It is a really neat opportunity for 25 schools in Indiana to offer fresh fruits and vegetables throughout the school day, besides breakfast/lunch. She has also been working with the school wellness policies and offering some HACCP seminars to Foodservice Directors.
- **Jennifer (Short) Hills, Dietetics M.S. 2006**, is employed as a WIC Nutritionist in Champaign, Illinois.
- **Ellen (Shike) Homann, RD, LDN, Dietetics M.S. 2005**, was married to Brad Homann February 18, 2006; delivered twin boys, Blaine Alan and Blake Dean on February 25, 2007; and was trained to place small bowel feeding tubes while employed at Memorial Medical Center in Springfield, Illinois.
- **Charlene Hoskins, RD, LDN, Dietetics M.S. 2005**, is employed at OSF Health Care in Peoria, Illinois.
- **Laura Jacobson, RD, LDN, Dietetics M.S. 2004**, is employed at Health Technologies, consulting for nursing homes in Illinois.
- **Jane Kabogo, RD, LDN, Dietetics M.S. 2004**, is employed at the Kane Co Health Dept WIC in Aurora, Illinois.
- **Deb Kimberlin, RD, LDN, Dietetics M.S. 2005**, is employed as a clinical dietitian at Provena St. Mary's in Bourbonnais, Illinois.

- **Sara Lopinski, RD, LDN, M.S.**, received an Outstanding RD Award.
- **Beth (Cavarello) Peralta, RD, LDN, Dietetics M.S. 2004**, is the Nominating Committee Chair of Eastern Illinois Dietetic Association and is employed as a clinical dietitian at the VA Illiana in Danville, Illinois.
- **Lisa Reith, RD, LDN, Dietetics M.S. 2006**, is employed as a clinical dietitian at St. John's Hospital in Springfield, Illinois.
- **Kathy Rhodes, Dietetics M.S. 2006**, is serving on the SFCS faculty and teaches foods courses at Eastern Illinois University.
- **Suzanne (Parker) Staluka, RD, LDN, Dietetics M.S. 2006**, is employed as the Nutrition Education Coordinator for EFNEP, South Dakota State University Cooperative Extension Service in Brookings, South Dakota.
- **Eric Stein, RD, LDN, Dietetics M.S. 2005**, is employed as a faculty member at Johnson and Wales University in Denver, Colorado.
- **Katie Swafford, RD, LDN, Dietetics M.S. 2005**, is employed as a clinical dietitian at Riverside Healthcare in Bradley, Illinois.
- **Kacie Taylor, Dietetics M.S. 2006**, is employed at Provena United Samaritans Medical Center in Danville, Illinois.
- **Amy (Bogacki) Tittelbach, RD, LDN, Dietetics M.S. 2004**, is a Field Coordinator for the CEDA WIC where she supervises 4 WIC clinics in North Chicago..
- **Audrey Yusko, RD, LDN, Dietetics M.S. 2005**, is employed at St Bernard Hospital in Chicago, Illinois. She is also planning her wedding.

2006-2007 Dietetic Internship Match

By Karla Kennedy-Hagan, PhD, RD, LDN

EIU, like all internships, participate in the ADA match process through D & D Digital. There were 13 students that matched with the MS in FCS: Dietetics Option for the fall 2006 start date and an additional 3 students that matched and began coursework in the spring of 2007. We are happy to have such a great group of graduate students in the program. The students and their undergraduate alma maters are listed below:

- **Annalisa Berardi** from Dominican University-River Forest
- **Patty Berry** from Eastern Illinois University
- **Audra (Fish) Cisna** from Illinois State University
- **Brienne Gully** from the University of Illinois-Champaign
- **Christina Mizel** from Southern Illinois University
- **Gwen Zumwalt** from the University of Illinois-Champaign
- **Holly Gillespie** from Southeast Missouri State University
- **Jae Mukoyama** from the University of Illinois-Chicago
- **Jasmine Sulfranski** from the University of Illinois-Chicago
- **Jennette Ryan** from Eastern Illinois University
- **Jessica Petruzak** from Eastern Illinois University
- **Lindsay Wilson** from Eastern Illinois University
- **Megan McCallister** from Southern Illinois University
- **Melissa Dimpfl** from Johnson and Wales University
- **Beth Schmidt** from Illinois State University
- **Mary Jane Hacker** from Southern Illinois University

Dietetic Internship Update

By Karla Kennedy-Hagan, PhD, RD, LDN

The 2006-2007 academic year was a busy and productive one! Following are a few highlights:

- The graduate dietetic students were welcomed to campus and oriented to SFCS during a potluck reception. Coursework has kept everyone busy.
- The graduate dietetic students attended the Showcase of Dietetic Internship Sites in October to learn about the various options for internship placement. Those students that began the program in January attended the DI Site Director's luncheon where they were able to talk to the Site Directors and learn about the various options for internship placement. It was an enjoyable day!
- Several graduate dietetic students attended the WIM conference, IDA Fall and Spring Meetings, EIDA Meetings and/or the Ellen Satter conference, all which were hosted in Illinois.
- Many of the graduate dietetic students presented poster displays of their research and course projects at the Graduate Expo. Their displays were well done!
- Working in groups of four, the graduate dietetic students created a total of eight nutrition related displays in Booth Library. They did a fabulous job!
- The graduate dietetic students provided nutrition education on various disease states and conducted cooking demonstrations, which were taped in the studio and are being shown on WEIU.
- The graduate dietetic students traveled to the Illinois State Capitol in Springfield, Illinois in April to attend and participate in the Illinois Dietetic Association Lobby Day. It was a great learning experience!
- The students also took a new weekend class this spring titled Nutrition Services Management to assist them in preparing for the food service management rotations in the internship.

SFCS Graduate Students serve on Graduate Student Advisory Council

Theresa Lindsay from Gerontology and Megan McCallister represented SFCS for the 2006-2007 school year on the Graduate Student Advisory Council (GSAC). GSAC worked with the EIU Booth Library to extend the number of weeks graduate students can check out books. The library's policy has been for graduate students to check out resources on a four-week basis with the option of renewing at the end of four weeks. GSAC worked toward the library allowing graduate students to have the option of checking resources out on an eight-week basis. GSAC has also been involved with the Tobacco Task Force, Textbook Rental, and the Parking Division to make improvements to the policies already in place.

The Graduate School Exposition was hosted by The Graduate School and GSAC the week of April 16, 2007. This annually held week of exposition provides graduate students the opportunity to display and present current research and projects they have completed providing a great occasion for graduate students to be recognized for their achievements.

--Megan McCallister

Student Association of Family and Consumer Sciences – SAFCS

The Student Association of Family and Consumer Sciences had an exciting year. Members kicked off the year in August with an ice cream social and had an informational meeting in September to encourage students to join this worthwhile organization. SAFCS currently has 65 members.

Linda Moore from Career Services spoke to SAFCS in November regarding careers in FCS. Fall semester wrapped up with a holiday party with Kappa Omicron Nu. Members wrapped gifts that were donated for a family adopted through H.O.P.E.

A few members made their way to Bourbonnais to attend the IAFCS Conference in October. Katherine Bennett, SAFCS member, presented a research poster on sibling sexual abuse, and Elizabeth Walter, SAFCS member, displayed a fashion garment that she made for the annual fashion show.

In January, members attended a meeting with a panel of FCS graduate assistants where they were able to gain information about graduate school and assistantships. During March, SAFCS co-sponsored a "Dress for Success" workshop with Career Services. Models from SAFCS members modeled clothing from Talbots to show women how to dress professionally. Jos. A. Banks, clothing for men, was also featured to show men how to dress. We concluded the year with a social meeting and officer elections in April.

--- Deborah Appleby

Organization for Peer Education on Nutrition

By Ashley Brewer, OPEN President

The Organization for Peer Education on Nutrition (OPEN) is a student-run organization that was established three years ago at Eastern Illinois University (EIU). The majority of members involved are Dietetics undergraduate and graduate students or students minoring in Family and Consumer Science. With a focus on nutrition education, OPEN participates in many educational activities on and off campus. In the past, OPEN members have presented at conferences such as the Illinois Association of Family and Consumer Sciences, created nutrition awareness booths located throughout campus, written a column for the monthly newsletter at EIU, presented nutrition information for large corporations as well as for the EIU ROTC program, and applied for national organizational scholarships.

This year OPEN has an outstanding nutritional education program which will be utilized to inform on-campus students about how important nutrition is in their everyday lives, as well as encouraging them to obtain a healthier lifestyle. This new program, Take-Out, uses different mediums to deliver "quick and easy" nutrition information. Take-Out is presented in the forms of bulletin boards for resident and dining halls at EIU with a simple, educational presentation about nutrition. Since portion sizes and serving sizes tend to be a misconception among college-aged students, OPEN will focus on the use of food models as visual aids and surveys on nutrition knowledge during the presentations.

OPEN is a great organization, especially for Dietetics students, to be involved in because it is an educational way of

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learning how to network. Being involved in OPEN offers many beneficial opportunities to include on a resume. Additional reasons for EIU students to join OPEN are to help develop and enhance leadership skills, public speaking abilities, presentation and facilitation skills, and most importantly to make a difference in the nutritional health and wellness of peers.

--Ashley Brewer, OPEN President

WIM

The 2007 WIM Conference took place at the Palmer House Hilton in the heart of Chicago on February 22-24. WIM is the only regional student career conference in the nation, so our students were extremely fortunate to attend. Students from nearby states in the Midwest came together to share, explore, and network.

On Thursday, students arrived on the train and were welcomed by the officers of the conference. The theme was the "1893 World's Fair." Mr. Ken Price of the Palmer House provided a brief history of the hotel. Dr. Ann Rowlette, a retired professor from Northwest Missouri State University, was the keynote speaker. She spoke about being proud to promote family and consumer sciences; we are more than just home economics! A social activity, officer introductions, and tour information were also included in the agenda.

Professional tours in real-life settings gave the attendees a glimpse of the industry in which they will be working. Students had the opportunity to meet the professionals in the field and learn about their paths to success. Each tour is led by a different officer and is organized by area of option or concentration. Merchandising students toured Niketown Chicago, Tiffany & Co., and Plein Aire. Dietetics and hospitality students visited Kraft and Equinox. Human services students went to Planned Parenthood, the Chicago Education Center and WIC. Interior design students experienced the Merchandise Mart, Perkins & Will, and Susan Fredman & Associates Interior Designs. Eastern's Kera Lewis, WIM Secretary, led the Variety Tour that went to Navy Pier and the Native American Educational Services College after which the conference resumed with the annual business meeting. During the meeting, officer elections were held and Jessie Kleiss (EIU) was elected as WIM's Publicity Chairperson. Saturday concluded the conference with two speakers, the certification ceremony, and officer installation. Tracy Lemon from Gaines & Associates spoke to the students about resumes, cover letters, and interviews. Robyn Box, Child Studies Director from Ball State University, spoke about the power of poise. Both speakers were very insightful and had great information to share with the attendees.

Eastern Illinois University was extremely proud, for the first time in 43 years, to bring home the traveling trophy for the school bringing the most students. We had a record high with 29 students in attendance. WIM advisor Dr. Pat McCallister, two faculty members, and two EIU mothers accompanied the student group. This was that EIU has received the trophy.

--- Deborah Appleby

2006 Lumpkin College of Business and Applied Sciences Annual Etiquette Dinner

On Thursday, November 9, 2006, the Lumpkin College of Business and Applied Sciences held the annual Etiquette Dinner in the University Ballroom of the University Union. This event teaches students and other attendees about proper etiquette to use in professional settings.

Several speakers are invited each year to guide the attendees through steps to working a professional setting. Dean Robert Augustine of the Graduate College served as this year's keynote speaker and spoke on the "Power of Etiquette." Dean Diane Hoadley from the Lumpkin College of Business and Applied Sciences taught the audience "How to Work a Room." Dr. Mary Lou Hubbard, Family and Consumer Sciences, showed the attendees how to dress for professional, business occasions with an on-screen runway show. Ms. Lisa Brooks instructed the audience on proper dinner etiquette for each course. Dinner was accompanied by beautiful piano music provided by music student, Kozue Ebina.

Over 150 persons attended the dinner. Attendees included EIU students and faculty, high school students from the area, and CMAA Club Managers. Seated at each table was a trained etiquette facilitator that provided additional instruction for the attendees. Students from an Independent Study Catering course and CMAA and SAFCS members served as facilitators. Deborah Appleby, FCS graduate assistant, and Kathy Rhodes, FCS instructor, coordinated the event.

The 2007 Etiquette Dinner will be held on Thursday, November 8. For ticket information, contact Kathy Rhodes at (217) 581-6677.

--- Deborah Appleby

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